

# Naval Medical Center Portsmouth Emergency Medicine Residency Program



# Naval Medical Center Portsmouth

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The Naval Medical Center Portsmouth Department of Emergency Medicine boasts a steadily increasing annual patient census of 70,000 + patient visits per year, approximately 30% pediatric. The department contains 47 beds: 23 “Main Side” beds, 2 resuscitation bays, two Observation Unit beds, One forensic exam room, 4 psychiatric beds, as well as 12 “Fast Track” rooms, and 3 Orthopedic fast track beds. The Emergency Department is an independent department in the Medical Directorate. At the current time, the Emergency Department is responsible for the operations of the emergency treatment area, and the Fast Track treatment area. Forty nurse corps officers, over 50 corpsmen, and over 15 civilian workers are members of the department.

The Emergency Medicine (EM) Residency Program at the Naval Medical Center, Portsmouth (NMCP), Virginia, is a four-year (PGY 1-4) program. In 1995, the program became the first Emergency Medicine residency to receive a 5-year accreditation on its first review. Full accreditation has been awarded in every subsequent review. In 2013 the residency accepted its first four categorical EM interns. In 2014, six were accepted. This year we reached our full complement of eight interns. We expect to accept eight EM interns annually in future selection boards.

Residents split their time between Naval Medical Center Portsmouth and various affiliated training sites located within 20-40 minutes from NMCP. The training in these affiliated sites enhances a comprehensive exposure to the EM core curriculum and provides for multiple critical patient encounters and life saving procedures in an assortment of practice settings and patient populations.



# Program Director's Welcome Message

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Our goal is to prepare Emergency Physicians to excel in any hospital or environment in the world including the battlefield and other austere conditions. A strong focus on officer and leadership development sets our program apart from our civilian counterparts. Our curriculum is difficult and challenging but ultimately rewarding. Upon completion you will be the most well rounded, self-reliant, and confident emergency physician possible. The academic tradition and core values our program instills results in our graduates being well represented in leadership and academic positions both in and out of the Navy. We encourage participation in a wide range of professional, academic, and leadership opportunities that prepare trainees for success and rapid promotion.

Since Emergency Medicine can be a demanding lifestyle on trainees and their families we also emphasize balance and the mental and physical well being this provides. Our faculty is exceptional, composed of over 20 enthusiastic teachers and mentors. We routinely win competitive awards including national teaching awards, academic awards, and research awards. Our current faculty is the best we've ever had and our faculty-to-resident ratio approaches one to one. Our Chairman, Directorate of Graduate Medical Education, and Chain of Command have been consistently supportive of our program and all faculty members have protected academic time. The ground here is fertile and the opportunities are endless. We believe enthusiasm in training and work is directly proportional to working with fun, dedicated people. We strive to select self-starting, motivated residents and faculty that are enjoyable to work with.

Our graduates work and excel anywhere and everywhere: from Riverside Regional Hospital to international missions on US Naval Hospital ships and Marine Expeditionary Units; from Cook County to the rugged terrains of Afghanistan and Iraq. Our staff and residents are deeply involved in operational medicine through training and temporary deployments. Many ultimately volunteer and serve in high-tempo specialized operational billets. It is not a coincidence that a recent Surgeon General and former Chief of the Medical Corps are Emergency Physicians. When you graduate from this program, you're ready to practice and lead anywhere.

We look forward to meeting with you. If you have any questions or want to schedule an interview, contact me by email at [james.d.barry10.mil@mail.mil](mailto:james.d.barry10.mil@mail.mil) or by phone at 757-953-1407.

# The Uniqueness of Military Emergency Medicine

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No job in clinical medicine today is more challenging than emergency medicine. The hallmark of our specialty is the ability to evaluate a patient in distress with an undifferentiated complaint and quickly stabilize, treat, and disposition. Emergency Medicine is a specialty of breadth. Our scope of practice touches on almost every

medical specialty. Every shift is unique as one manages a variety of patients and problems in parallel in a high tempo environment. Military emergency physicians take this one step further. Not only are we required to know how to treat civilian emergent conditions but we must also have the capability to manage high velocity rifle wounds, severe blast injuries, and other unique combat injuries that may occur in a host of extreme environments. Practicing good medicine in unconventional environments is what attracts many of us to the specialty. Military Emergency Medicine requires the ability to think on one's feet, improvise, adapt, and overcome.

The challenge of military emergency medicine is not the only reason to consider remaining on active duty for residency training. For most military physicians who complete an operational tour, annual income is three times the amount of civilian counterparts and nearly double that of those that accept training immediately after internship. Leadership opportunities are more plentiful for military residents and unique opportunities for duty stations are abundant. Graduates can serve overseas in

Spain, Italy, Guam, Okinawa, and Japan. Primary EM billets in the United States include Portsmouth VA, Jacksonville FL, Camp Lejeune NC, Bremerton WA, as well as San Diego, 29 Palms, and Camp Pendleton, CA. Many graduates' career paths see them serving with operational units afloat, abroad, or with the Special Forces community. Emergency Medicine is a "Tip of the Spear" specialty.





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As you will see in the remainder of this brochure, the Emergency Medicine Residency at Naval Medical Center Portsmouth is arguably the nation's premiere military emergency medicine residency training program. The program is strong in academics with a nearly perfect pass rate on written and oral boards. Our state-of-the-art simulation center allows realistic training on advanced and



difficult-to-manage resuscitations improving patient outcomes when faced with similar real-life scenarios. Our curriculum is always improving with new rotations and innovative clinical advancements to enhance the learning experience. With your interest in emergency medicine, we will help you build an exciting and rewarding career.



# Residency Program Curriculum

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## Overview

The Residency Program is a 48 month (PGY 1 - 4) experiential curriculum broken into 52 four-week blocks with the following broad overlay:

Emergency Medicine	17 blocks	NMCP ED
	8 blocks	various local civilian Emergency Departments
Trauma/Burn	3 blocks	Norfolk General Burn Trauma Unit
EM/Trauma	2 blocks	Riverside Regional Medical Center
EM Resus/Trauma	1 block	University of Florida - Shands, Jacksonville
Pediatrics	3 blocks	8 weeks Children's ED, 4 weeks PICU
Critical Care	4 blocks	8 weeks CCU, 8 weeks ICU (ICU at Norfolk General Hospital)
Anesthesia	2 blocks	4 wks NMCP, 4 wks Riverside Regional Medical Center
Obstetrics	1 block	2, two-week blocks
Orthopedics	1.5 blocks	one two-week block, one 4 week block
Oral Maxillo-Facial	1/2 block	one two-week block
One block is spent in each of the following rotations: Ultrasound, EMS, Toxicology, Teaching/Administration, Internal Medicine, General Surgery		
REBIL	1 week	Research & EBM Introductory Learning
CAPSTONE	1 week	Culminating training exercise and final preparation for military EM practice
Electives	3 blocks	

### Required Academic Texts:

Rosen's Emergency Medicine: Concepts and Clinical Practice, 8<sup>th</sup> ed.  
Roberts and Hedges: Clinical Procedures in Emergency Medicine, 6<sup>th</sup> ed.  
Tintinalli: Emergency Medicine: A Comprehensive Study Guide, 7<sup>th</sup> ed.

## Weekly and Monthly Activities

**Academic Conference** occurs from 0730 – 1230 on each Wednesday except holidays. We review our weekly reading the first 30 minutes and the remaining time is spent in didactics that include case presentations and lectures by residents and staff. Residents are also provided access to a popular EM online board review program, The EM Rosh Review, that includes a weekly quiz and review that parallels our weekly reading. Guest lecturers and combined lectures with other programs and specialties are featured each month. Many conference sessions are arranged in an alternative format, including simulation, small-group discussion, and oral board format. Highlighted conferences include: Morbidity and Mortality

Conference, Military Unique Curriculum Conference, Wilderness Medicine Conference (applicable towards the WMS Wilderness Medicine Fellowship), Combined Specialty Conference, and occasional Visiting Professors. Assigned readings are from Rosen's Emergency Medicine: Concepts and Clinical Practice, 8<sup>th</sup> edition; Tintinalli's EM Comprehensive Study Guide, 7<sup>th</sup> ed; selected landmark articles and other important cutting edge literature. Graduating residents will have read each of these definitive texts in emergency medicine in their entirety prior to graduation.

**Journal Club** is a relaxed monthly gathering held at a faculty member's home where residents learn to read and critically appraise the literature, utilize evidence-based medicine in practice, and develop knowledge about how to design and implement clinical studies. It also affords an opportunity for staff and residents to interact and socialize outside of the department.

**Simulation training** is conducted at the NMCP Simulation Center; a state-of-the-art facility utilizing several adult and pediatric computerized simulation manikins. The lab is used to challenge a resident's ability to manage complex resuscitation scenarios. Our program is committed to exposing residents to advanced techniques and procedures in order to improve patient care and to prepare the next generation of Emergency Medicine Physicians utilizing state of the art high fidelity mannequins to augment resident training and fill gaps in practical experience.

**Vivarium/Life Support Procedures/Cadaver labs** are where emergency medicine procedures are discussed, demonstrated, and performed. These labs add the advantage of conducting infrequently performed, yet critical procedures (transvenous pacemaker insertion, thoracotomy, pericardiocentesis, hemostatic agent use, trephination, and DPL, among others) in lifelike models.

## Quarterly and Annual Activities

**Orientation** marks the beginning of the residency. This 4-week block is dedicated to the introduction of military EM as a unique specialty. New residents are introduced to core EM topics through didactic lectures, simulation training, PALS/ACLS/ATLS certification courses, and clinical orientation shifts in the ED. Organizational team building days and the annual program director's dinner, the Augtoberfest, provide an opportunity for resident wellness, team bonding, and family introduction to the NMCP EM group.

**Mock oral boards** are conducted quarterly in lieu of conference. This provides familiarization with the oral board format, which must be mastered in order to pass the board exam after graduation. This format can be quite different from day-to-day practice, and conducting practice exams four times per year prepares our residents for confident success.

**Cadaver Lab** occurs twice a year and allows for the discussion, practice, and refinement of emergency procedures on a human model. Emphasis is on resuscitative procedures, but nearly every procedure that is performed in the ED can be practiced during this event.

**Promotion Boards** are conducted at the end of each academic year prior to advancement to the next level of training. This unique assessment is designed to coach the resident to meet the emergency medicine core curriculum for each year group, including scholarly activity such as research and publications.

Every year the PGY 2 residents attend the **REBIL Course (Research & Evidence Based Medicine Introductory Learning Course)** held midway through the EM2 year. This course was designed to ensure our residents incorporate scientific inquiry into their practice of humanistic patient care. Broad evidence based medicine and basic research topics provide a foundation for residents to build upon in the following years of training. REBIL provides a relaxed, collegial format and social activities, permitting time for class bonding.

The **Resident as Educator Seminar**, held at the completion of the EM2 year, prepares our residents for increased responsibility as the primary educators for the junior residents as well as the rotating interns, medical students, Independent Duty Corpsman and other visiting trainees. This seminar is also performed offsite, encouraging collaboration and esprit de corps.

Graduating seniors attend **Operation CAPSTONE** near the end of their training. Borrowed from the Army's concept of operational adaptability, operation CAPSTONE is a progressive initiative preparing EM graduates for the myriad of professional, operational and tactical situations faced by our present and future military Emergency Physicians. This experience is the ultimate culmination to the 48 month EM residency training; tackling the broad themes of **Operational/Tactical EM, HADR (Humanitarian Assistance and Disaster Relief)**, and **Military Professionalism**, by immersing the graduating EM resident class in challenging realistic operational scenarios. Team bonding social activities serve as the last hurrah for the graduating class.



# Program Curriculum by Year

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## EM1

EM Orientation	4 weeks	
NMCP ED	8 weeks	
Leigh ED	4 weeks	Leigh Memorial Hospital
Pediatric ED	4 weeks	Children's Hospital of the King's Daughters
Anesthesia	4 weeks	NMCP
Adult ICU	4 weeks	Norfolk General Hospital
Cardiology	4 weeks	NMCP Cardiac Care Unit
Trauma	4 weeks	Norfolk General Burn/Trauma Unit
Internal Medicine	4 weeks	NMCP IM Wards
General Surgery	4 weeks	NMCP GS Wards
Obstetrics	2 weeks	NMCP Labor & Delivery
Orthopedics	2 weeks	NMCP Orthopedic Fast Track
Selective	4 weeks	Select from a variety of opportunities

Categorical EM Interns are generally expected to serve the fleet by completing a General Medical Officer (GMO) tour (2-3 years) before returning for the last 3 years of EM training. The present Navy system requires candidates to reapply for PGY-2 training after completing their GMO tour. Interns are encouraged to apply for PGY-2 positions as well, but GMO candidates are provided an advantage in selection scoring. Thus, although completing a categorical EM internship provides a distinct and clear advantage for selection, it does not guarantee continued EM training.

## EM 2

Orientation	4 weeks	
NMCP ED	15 weeks	
Leigh ED	4 weeks	Leigh Memorial Hospital
Pediatric ED	4 weeks	Children's Hospital of the Kings Daughter
Orthopedics	4 weeks	NMCP Orthopedic Fast Track
Anesthesia	4 weeks	Riverside Regional Medical Center
Trauma	4 weeks	Norfolk General Burn/Trauma Unit
Ultrasound	4 weeks	NMCP ED
Cardiology	4 weeks	NMCP Cardiac Care Unit
Obstetrics	2 weeks	NMCP Labor & Delivery
OMFS	2 weeks	NMCP Ora-Maxillo-Facial Surgery service
REBIL	1 week	Research and Evidence Based Medicine Introductory Learning

# Program Curriculum by Year

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## EM 3

NMCP ED	16 weeks	
Chesapeake ED	4 weeks	Chesapeake Regional Medical Center
VB ED	4 weeks	Sentara Virginia Beach General Hospital
Leigh ED	4 weeks	Leigh Memorial Hospital
ED/Trauma	4 weeks	Riverside Regional Medical Center
Trauma	4 weeks	Norfolk General Burn/Trauma Unit
Pediatric ICU	4 weeks	Children's Hospital of the King's Daughters
Adult ICU	4 weeks	Norfolk General Hospital
Elective	4 weeks	
EMS	4 weeks	Emergency Medicine Services

## EM 4

NMCP ED	23 weeks	
VB ED	4 weeks	Sentara Virginia Beach General Hospital
ED/Trauma	4 weeks	Riverside Regional Medical Center
Chesapeake ED	4 weeks	Chesapeake Regional Medical Center
Resus/Trauma	4 weeks	Univ of FL/SHANDS Resus/Trauma Bays, Jacksonville, FL
Toxicology	4 weeks	New York City Poison Control Center/Bellview Hospital
Elective	4 weeks	
Admin/Teaching	4 weeks	Focus on developing teaching skills and ED administrative issues
CAPSTONE	1 week	Culmination of training focused on transition to military -based EM practice

## Leave:

Residents may take annual leave in the following maximum amounts:

EM-1/2: 14 days      EM-3/4: 21 days

## Research:



### **NMCP Annual Research Competition Poster Session**

*Held each year in mid to late March, draws over 100 participants, in two categories each year.*

The command structure at NMCP is very supportive of both clinical and operational related research. Each resident must engage in some form of scholarly activity with many residents choosing to work on a formal research project. Recent resident research projects have enjoyed publication in many peer-reviewed journals and our program has won the McDade award for excellence in resident research presented by the Virginia College of Emergency Physicians in three of the last five years. The Combat Trauma Research Group is a research arm of the Department of Emergency Medicine that is primarily run by EM residents and faculty interested in combat trauma. This group engages in resuscitation and hemostatic agent research on various combat trauma models.



## Recent Research and Academic Awards/Recognition (last 5 years)

AAEM Young Educator Award - 2011  
AAEM Mitchell Goldman Distinguished Service Award – 2012  
AAEM Distinguished Service Award – 2014  
AAEM/JEM Resident Research Competition Winner - 2014  
CORD Faculty Development Scholarship – 2011  
CORD Junior Faculty Teaching Award 2012  
CORD Clinicopathologic Competition Semi-Final Winner - 2014  
EMRA Robert J Doherty Scholarship - 2011  
GSACEP Excellence in Military Medicine Award - 2011  
GSACEP Leadership and Advocacy Scholarship winner - 2010, 2011, 2015  
GSACEP Rising Star Award - 2012  
NMCP Junior Medical Officer of the Year – 2010, 2013, 2015  
NMCP Junior Officer of the Quarter – 2010, 2013, 2015  
NMCP Civilian of the Quarter - 3<sup>rd</sup> quarter, 2010, 2<sup>nd</sup> quarter, 2012  
NMCP Senior Officer of the Quarter (2<sup>nd</sup> Quarter) – 2011, 2014  
NMCP Medical Corps Officer in Training of the Quarter - 2011 (1<sup>st</sup> Quarter), 2010 (2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> Quarters), 2012 (4<sup>th</sup> Quarter)  
NMCP Medical Corps Officer of the Year - 2011  
SAEM Clinicopathologic Competition Final Winner - 2010  
SAEM Clinicopathologic Competition Semi Final Winner - 2010, 2011  
SAEM Young Investigator Award - 2011  
VACEP Resident Jeopardy Competition winner - 2012, 2013  
VACEP John P McDade Award – 2012, 2014  
Multiple NMCP Academic Research Competition awards (5 in 2012, 2 in 2013, 4 in 2014, 2 in 2015)

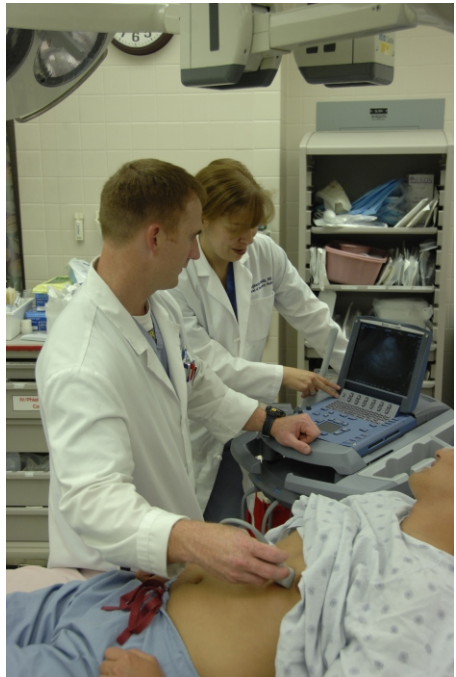


# Areas of Special Interest

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## Emergency Ultrasonography

Emergency ultrasound is a strength of the NMCP EM Residency. We offer the latest equipment, access to faculty credentialed in the full range of emergency ultrasound applications and graduate residents who competently integrate these applications into their daily practice. Graduating residents are comfortable utilizing bedside ultrasound in all core emergency applications as defined in the 2008 American College of Emergency Physicians Emergency Ultrasound Guidelines including: trauma, intrauterine pregnancy, abdominal aortic aneurysm, cardiac, biliary, urinary tract, deep venous thrombosis, soft tissue/musculoskeletal, thoracic, ocular, and procedural guidance. In addition, motivated residents can gain experience in advanced ultrasound applications: advanced echocardiography, bowel/appendix ultrasound, adnexal pathology, regional anesthesia, and testicular. Our program recognizes that emergency ultrasound has extremely important tactical military applications and is committed to ensuring that every emergency medicine resident graduates with these proficiencies.



The department currently has three of the latest Sonosite M-Turbo ultrasound machines. Collectively, our residents perform more than 6,000 scans/year and that number increases annually. Our attending physicians are credentialed and a quality assurance program audits every ultrasound that is performed in the department. In 2012, the department developed an Emergency Ultrasound Faculty Development Program which trains one faculty member per year and mirrors the training and experience which normally accompanies a civilian Emergency Ultrasound Fellowship



## International Medicine

NMCP EM maintains the most robust international medicine program in the DoD Physician Graduate Medical Education system. This program provides an excellent opportunity for residents to assist in broadening the scope of both military and emergency medicine and the international face of Navy Medicine. NMCP EM International Emergency Medicine is a 2-4 week elective that can be pursued in the EM-3 or EM-4 years. The rotation is self-paced with lectures, current literature, web resources, travel health, and Navy predeployment standards to review prior to leaving for an international rotation site. The elective can be tailored according to resident interest and expertise. Recent location sites include the Dominican Republic, Panama, Bhutan, Ghana as well as evolving SouthCom, Africom, and other PaCom sites. International Medicine includes systems development (EMS, EM program development, training programs), humanitarian and disaster assistance (assessing needs and providing care in complex disasters, displaced populations, etc) and integration with civilian organizations (NGOs, Red Cross, UNHCR). The department also sponsors the only International Medicine Fellowship in the Navy.



## Military Unique Medicine/Wilderness Medicine

We pride ourselves as a Navy residency grounded in core military values, drawing on these values as a source of identity that separates us from other EM training programs. As such, we sponsor a robust multifaceted military unique curriculum dedicated to preparing our physician officers for their future careers in the Navy. These distinctive experiences and responsibilities



include operational exercises and experiences, military unique conferences, advisor teams, the officer professional portfolio, organizational days, senior resident leadership positions, and operational capstone, among others.

Since most Wilderness Medicine topics are closely related to our role as military physicians, we incorporate an extensive wilderness medicine program into our curriculum including both didactic and experiential opportunities. In addition to providing another avenue to address our MUC, residents interested in earning a fellowship in Wilderness Medicine can earn educational points for attendance at this conference.

## Emergency Medicine Medical Student Clerkship

The Emergency Medicine residency is affiliated with the Uniformed Services University of Health Sciences in Bethesda MD and provides an Emergency Medicine Clerkship as well as teaching at USUHS's EM procedure and Ultrasound sessions. The EM clerkship is designed to provide medical students exposure to the practice of military emergency medicine via clinical shifts alongside teaching faculty and senior residents. Students also attend Wednesday academic conferences and are invited to attend our monthly journal clubs. While on clerkship, students receive small group instruction and hands-on training in emergency procedures at NMCP's simulation center and at our monthly emergency procedures lab. Rotators routinely cite NMCP EM as the best opportunity to gain experience with procedures and learn important skills in emergent and acute first contact medicine.

# Affiliated Program Training Sites

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**Sentara Norfolk General Hospital:** Trauma and ICU rotations are completed here, at the only area Level I Trauma Center in the region. Residents receive in-depth and hands-on experience in performing and directing resuscitations in multi-trauma and medical ICU patients, as well as how to effectively manage a trauma/ICU team. Proficiency is also gained in the performance of central and arterial line placement, tube thoracostomy, FAST exams, diagnostic peritoneal lavage, and all other procedures necessary for the resuscitation and stabilization of the trauma/critical care patient.



**Sentara Virginia Beach General:** A 274-bed acute care hospital provides residents with valuable experience working in the Emergency Department of a busy community hospital. A Level II Trauma Center, there is ample opportunity for residents to evaluate and manage critically ill and injured patients. Being only a few miles from the oceanfront, residents have the opportunity to gain expertise in evaluating environmental injuries, including dysbaric injury, marine envenomation and poisoning, submersion injury, hyperthermia, and hypothermia.



**Sentara Leigh General Hospital** Is a 250-bed acute care facility serving Norfolk, Virginia Beach, and Chesapeake. The hospital is surrounded by various nursing homes and provides care to the elderly with multiple medical problems of moderate to high acuity. The hospital also houses a hyperbaric oxygen therapy chamber to help speed the recovery of patients with major wounds, decompression sickness, and carbon monoxide poisoning.



**Riverside Regional Medical Center** Is a level II trauma center located in Newport News which serves as a primary referral center for STEMIs and Strokes as well as for higher acuity patients from the “peninsula” area of the Tidewater/Hampton Roads area of Virginia. The emergency department sees 38,000 patients per year with a 25% admission rate. Residents are the first physician responder and team leader for all trauma patients.



### Children's Hospital of the King's Daughter

The only dedicated pediatric hospital in the entire Commonwealth of Virginia. The Pediatric Emergency Department consists of 40 beds with an annual census of 35,000 patients. Residents work alongside pediatric emergency medicine fellows and pediatric residents during shifts that are supervised by board certified pediatric emergency medicine attendings. Residents gain additional pediatric critical care experience as members of the 18-bed PICU team in the region's largest and most sophisticated critical care unit for children.



### Chesapeake Regional Medical Center

A 310 bed comprehensive care hospital serving the Hampton Roads area. The emergency department is extremely busy with more than 65,000 visits annually. Residents work alongside board certified emergency physicians caring for critically ill and injured patients. Residents gain key experience in ED observation, utilizing the 12-bed ED observation area, and take a leading role caring for STEMI and stroke patients benefiting from the hospital's certification as a chest pain center and primary stroke center.



### New York City Poison Control Center

Located in Manhattan, NY and affiliated with New York University Medical Center. This is a fully funded one month rotation with didactic teaching by nationally known toxicologists.



### Shands at the University of Florida, Jacksonville, FL

Shands Jacksonville is home to the TraumaOne trauma program, the only state-approved adult and pediatric Level I Trauma Center in Northeast Florida and Southeast Georgia. The TraumaOne Trauma Center has five resuscitation beds. NMCP EM Residents work strictly in the Medical Resuscitation and Trauma Resuscitation bays of Shands/TraumaOne.



## **Future Directions**

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The NMCP EM Residency Program aggressively pursues improved learning opportunities for present and future residents. We utilize annual resident, graduate and employer surveys to highlight areas for enhancement. Residents are intimately involved in the inspiration, planning and execution of these advancements.



# Quality of Life

Naval Medical Center Portsmouth is located on the banks of the Elizabeth River in the historic and diverse community of Hampton Roads. Portsmouth is centrally located between the resort city of Virginia Beach, the vibrant downtown of Norfolk, suburban life in Chesapeake, the more rural Suffolk, and the peninsula communities of Hampton and Newport News. All are located no more than 20-30 minutes from Portsmouth!



This region is one of the more popular vacation sites on the East Coast. Miles of beautiful beaches are minutes away in Virginia Beach. Outdoor and environmental enthusiasts will love the ecologically diverse Chesapeake Bay and its inland waterways that transect the entire region. The historic triangle of Williamsburg, Jamestown, and Yorktown boast some of the most significant historical attractions in the country. Busch Gardens Europe and Water Country USA are only 45 minutes away. The water sport paradise of North Carolina's Outer Banks is just an hour away. The eastern shore and its famous islands of Chincoteague and Assateague are only 90 minutes north. Skiing and mountain activities are only 3 hours away, as is Washington D.C and all it has to offer.

The Hampton Roads area includes theater, opera, Broadway shows, and a symphony. Museum enthusiasts will love Nauticus in downtown Norfolk with the Battleship Wisconsin alongside, the Virginia Air and Space museum (adjacent to the Langley NASA research center), the Chrysler



Museum of Art, the Norfolk Botanical Gardens, the Norfolk Zoo, as well as the Virginia Aquarium, one of the largest and top-rated Aquariums on the east coast. Sports are well represented by Triple-A baseball's Norfolk Tides (who play in Harbor Park, voted the best minor league baseball stadium in the country) and AHL Hockey's Norfolk Admirals. Runners and triathletes will enjoy the multitude of world class races in the area, including the Rock 'n Roll Half Marathon (held at the Oceanfront during the American Music Festival, which is the largest outdoor music festival on the east coast), as well as the St. Patrick's Day Shamrock Sportsfest. These events, along with multiple Division-I university athletic programs, give sports enthusiasts plenty to do.

## Cost of Living

While Hampton Roads has an amazing array of things to do, the cost of living remains near the national average, and far below that of the other Military Medical Centers. See the chart below for cost of living comparisons, and you will see that there is no other Naval Medical Center in the country where you can get so much for so little!

Index	National Average	Norfolk/Virginia Beach, VA	San Diego, CA	Washington, DC
Overall (lower is better!)	100	101/114	143	143
Food/Grocery	100	97/99	106	111
Utilities	100	107/110	112	118
Miscellaneous	100	105/102	103	101
Avg Commute time	28.1 min	23.9/24.9 min	25.1 min	32.8 min
Owning/Renting	National Average	Norfolk/Virginia Beach, VA	San Diego, CA	Washington D.C
Median Home Cost	\$154K	\$164K	\$360K	\$369K
Average Rent 2bdr, SFH (2011)	\$1029	\$904	\$1418	\$1288

**Bottom Line:**  
World class residency education, exciting recreational activities, short commutes, and a low cost of living make the NMC Portsmouth Emergency Medicine Residency the easy choice!



## Web Links and How to Apply:

**Naval Medical Center Portsmouth EM Residency website:**

<http://www.med.navy.mil/sites/NMCP2/PatientServices/EmerMed/Documents/Booklet.pdf>

**Naval Medical Center Portsmouth GME website:**

<http://www.med.navy.mil/sites/NMCP2/EduTrain/GMED/Pages/Default.aspx>

**The Navy GME application web site opens each year on or about the 15th of July at:**

<https://education.mods.army.mil/NavyMedEd/UserLogon/UserLogon.htm>

**Additional Navy GME Information can be found at:**

<http://www.med.navy.mil/sites/nmpdc/professional-development/sitepages/Graduate%20Medical%20Education%20Overview.aspx>

## Program Contact Information

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**Program Director:**

COL J. Dave Barry

757-953-1407

[james.d.barry10.mil@mail.mil](mailto:james.d.barry10.mil@mail.mil)

**Acting Program Director/Associate Program Director:**

CDR John Devlin, MD

757-953-1407

[john.j.devlin10.mil@mail.mil](mailto:john.j.devlin10.mil@mail.mil)

**Program Coordinator:**

Vanda Rich

757-953-1407

[vanda.u.rich.civ@mail.mil](mailto:vanda.u.rich.civ@mail.mil)